

Classes are offered at the following clinics:

CHC

Avondale

Chandler

Maryvale

Mesa

South Central

Sunnyslope

Individual instruction can be scheduled at all clinics.

Call for class times:
602-344-5104

All-day class offered every third month on a Saturday, 8-4 in both Eng and Sp at the CHC

Children's Diabetes Support Group every other month on a Saturday 9-11AM Eng and Sp at the CHC

Classes taught :



Class 1:

About diabetes, medications, exercise, blood sugar checking

Class 2:

Healthy meal planning



Class 3:

Low blood sugar, sick days care, emotional aspects of diabetes

Class 4:

Prevention of long-term complications, good foot care



MARICOPA
HEALTH SYSTEM

Count on us to care.

Diabetes Education Program

Do you have diabetes?
Are you having problems
keeping your blood sugar
level in good control?
We can help!

We offer instruction
through individual visits or
classes, in English,
Spanish and other
languages.



Ask your doctor to refer you to our program for diabetes education.

You can call us at:

Ph: 602-344-5104

Insurance Plans accepted:

Maricopa Health Plans
Maricopa Senior Select
Health Select
Health Choice
Mercy Care Plan
APIPA
Most Blue Cross/Blue Shield
Medicare
Phoenix Health Plan

We will teach you about:

1. What diabetes is
2. Medicine for diabetes
3. How to check your blood sugar
4. Healthy eating
5. Exercise
6. How to prevent low blood sugar
7. Sick Days care
8. Stress management,
9. Prevention of long-term problems
10. Resources for continuing education.



***This program has been
recognized by the American
Diabetes Association as
meeting the National
Standards for Diabetes Self-
Management Education***

Call 602-344-5104 to
schedule a visit at the
following clinics:

CHC

2525 E Roosevelt Phx
3rd floor Cardiac Rehab

Avondale FHC

950 E Van Buren AV

Chandler FHC

811 E Hamilton Chandler

Glendale FHC

5141 W Lamar Glendale

Guadalupe FHC

5825 E Calle Guadalupe

Maryvale FHC

4011 N 51st Av Phx

Mesa FHC

59 S Hibbert Mesa

Seventh Av FHC

1407 S 9th Av Phx

South Central FHC

33 W Tamarisk Phx

Sunnyslope FHC

934 W Hatcher Phx